

# Karuizawa Cycling Map

A Guide to the  
Beautiful Town of  
**Karuizawa**  
Cycling Map

A decorative graphic featuring a laurel wreath that frames the text. At the bottom center of the wreath is a small silhouette of a person riding a bicycle. The text is arranged in a vertical stack: 'A Guide to the Beautiful Town of' in a simple sans-serif font, 'Karuizawa' in a large, stylized, outlined font, and 'Cycling Map' on a teal ribbon banner.



## Points to keep in mind when cycling

1. Cyclists are required to use the mandatory bikeways or driveways. However, in any of the following cases, cyclists may use sidewalks. (Does not apply to tandem bicycles.)

- When there is a sign or indication that bicycles are allowed on a sidewalk



- In cases the cyclist is aged 70 and older, or children aged 12 and under
- When riding on the driveway is hazardous due to construction or other factors

2. When riding on a driveway, keep on the left side.

3. When riding on a sidewalk, please ride slowly yielding pedestrians' right of way. (Do not obstruct pedestrians.)

4. Observe the following safety rules.

- Riding under the influence of alcohol, riding double, and riding side by side is prohibited.
- Ride with your light on at night.
- Abide by the traffic lights at intersections; come to a complete stop and check that it is safe to proceed.
- Using your cell phone or a similar device while riding is prohibited.

5. Have children wear helmets.

6. Cyclists riding a tandem bicycle should use either bikeways or driveways.

Bikeway



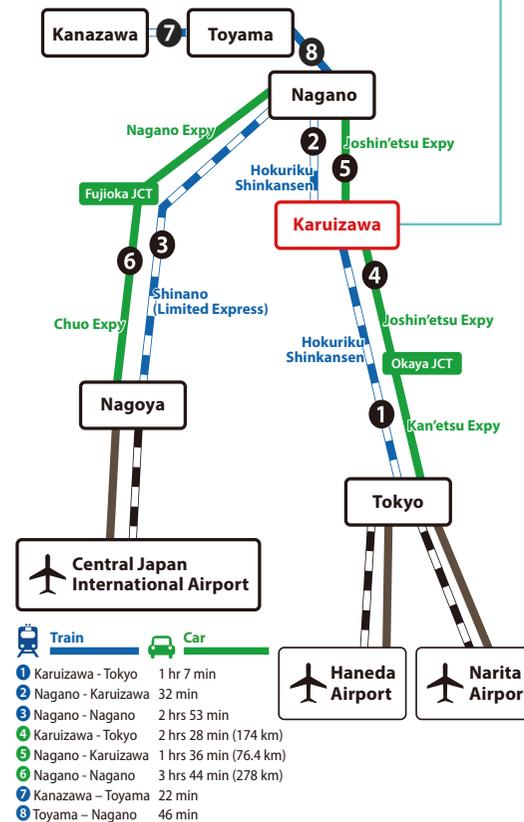
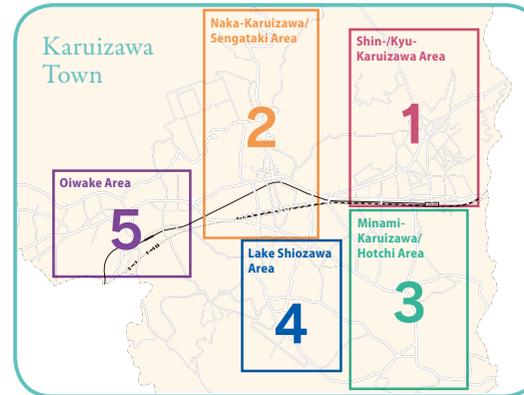
at the numbered points on the map

An example



These signs are posted along the cycling road. Obey them as you go.

## Access to Karuizawa



## Key

	Police Station/Box		Tourist Information Center
	Fire Station		Sightseeing Spot
	Hot Springs		Shopping Spot
	Art Museum/Museum		Park
	Post Office		Sport Facility
	Shrine		Toilet
	School		Ostomates' Toilet
	Church		Convenience Store
	Hospital		ATM
	Bank		Emergency Shelter
	Gas Station		Wi-Fi Spot
			Golf Course
			Sightseeing/Historic Site
			Bus Stop

## Emergency contact

Area code (0267)

Karuizawa Police	☎ 42-0110
Karuizawa Municipal Hospital	☎ 45-5111



## Taxi & bus phone numbers

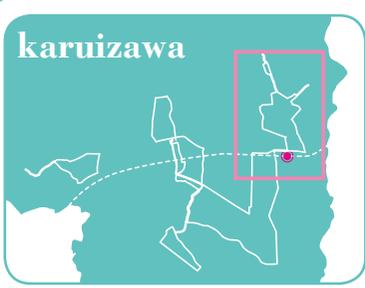
Area code (0267)

Matsuba Taxi	☎ 42-2181
Daiichi Kotsu	☎ 42-2221
Karuizawa Kanko Taxi	☎ 45-5408
Asama Kanko Taxi	☎ 45-5264
Masuya Kotsu	☎ 45-5223
Seibu Kogen Bus	☎ 45-5045
Kusakaruru Kotsu Bus	☎ 42-2441
Karuizawa Kotsu	☎ 42-0353

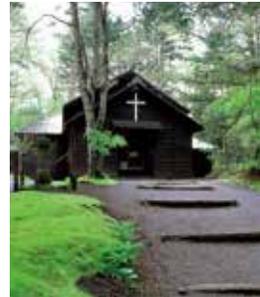
# 1

Jam-packed with places to see,  
the highlight of Karuizawa

## Shin-/Kyu-Karuizawa Area



The Karuizawa Resort had its beginnings as the place where Anglican Church missionary Alexander Croft Shaw would visit and spend the summer. There are villas and churches and we invite visitors to step inside the history.



**Karuizawa Shaw Memorial Chapel**  
The chapel is Karuizawa's first church, founded by "the father of Karuizawa", Canadian missionary from Anglican Church A. C. Shaw. Behind it stands the reconstruction of Shaw's villa.



**Former Mikasa Hotel (important cultural property)**  
Authentic European-style wooden hotel, designed and constructed by Japanese hands in the latter part of the Meiji Period. Designated as an important cultural property in May of 1980. You can tour the inside of the building.



**Karuizawa Oga Hall**  
Donated to the Town of Karuizawa by the former honorary president of Sony Corporation, Mr. Norio Oga, this music hall is at the heart of Karuizawa's music culture.



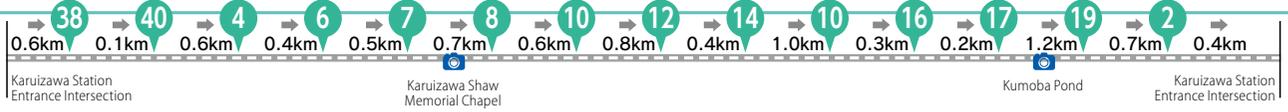
**Kumoba Pond**  
The landscape of Kumoba Pond is beautiful throughout the changing seasons. The fresh green of spring and the fall leaves reflected on the surface of the pond are magnificent. Also known as Swan Lake, this is one of Karuizawa's renowned locations.



**Kyu-Karuizawa Shopping Street**  
Since long ago, the main street of Kyu-Karuizawa has been bustling with tourists. The area is known as Kyu-Karuizawa Ginza, a reference to the rows of summer shops opened by famous merchants based in Tokyo's Ginza neighborhood.



**Shin-/Kyu-Karuizawa Course**  
[Distance] 9.4 km



**Shin-/Kyu-Karuizawa Course**

Google

# 2

Great shopping, hot springs and abundant nature

## Naka-Karuizawa/Sengataki Area



Naka-Karuizawa features many places where you can get close to nature, such as Sengataki Falls and Wild Bird Forest. Enjoy a combination of activities, from nature walks to art galleries, memorial halls, and shopping.



**Naka-Karuizawa Station Kutsukake Terrace**

The Naka-Karuizawa Library, accommodated in the facility provides a communal, relaxed environment where you can enjoy gathering information. A cafe bar is on the second floor, and five "challenge shops" are on the first floor.



**Yukawa Furusato Park**

Spanning 2 km, this park contains a variety of facilities such as a grass field, a futsal field, a dog run, and large playground equipment, offering enjoyment for families. Also featuring a walkway around the park.



**Hot Spring**

There are four hot spring facilities located in the Naka-Karuizawa/Sengataki area, allowing you to relax surrounded by nature while soothing your body's aches and pains.



**Former Fumimaro Konoe's Villa (Ichimura Memorial House)**

Built in the Taisho Period, this building was the holiday villa of former Prime Minister Fumimaro

Konoe. After inheriting the building, the Ichimura family reconstructed and restored it. You can go inside for a look.



**Karuizawa Wild Bird Forest**

Designated as the Japan's first wild bird sanctuary in 1974. Here you can observe various types of wild birds, plants and other animals. The nature tour is recommended.



**Naka-Karuizawa/Sengataki Course** [Distance] 7.6 km



**Naka-Karuizawa/Sengataki Course**

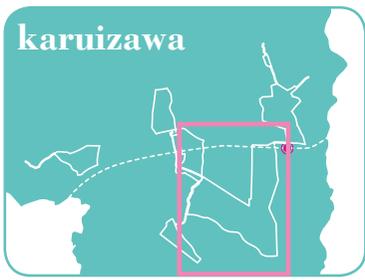


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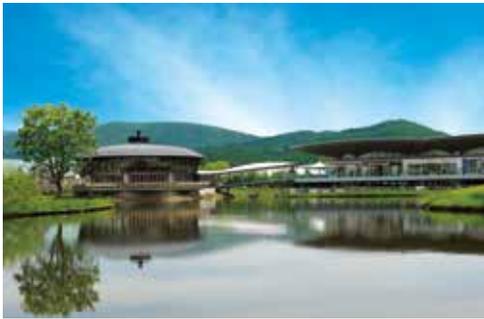
# 3

Enjoy shopping or leisure sports

## Minami-Karuizawa/Hotchi Area

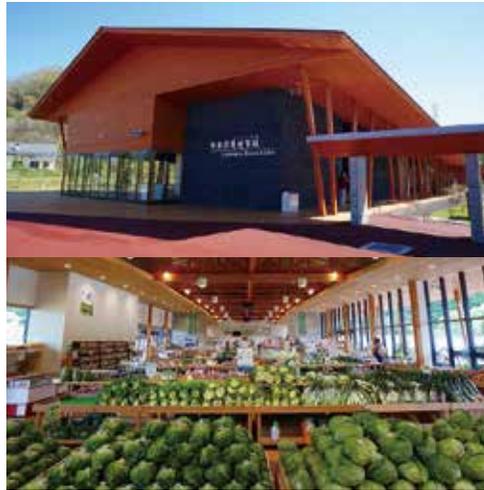


With the majestic Mt. Asama as a backdrop, enjoy a wide variety of sports such as golf, skiing, horse riding or cycling, and shopping at outlet malls.



**Karuizawa Prince Shopping Plaza**

Please have a great time exploring this new style of shopping and entertainment, in the beautiful setting of Karuizawa.



**Karuizawa Hotchi Ichiba (Market)**

A marketplace selling popular, locally produced vegetables including the Karuizawa Kirishita Yasai® brand. This combined facility includes a restaurant that offers meals using Karuizawa products and is surrounded by an open terrace where you can feel the comfortable breeze.



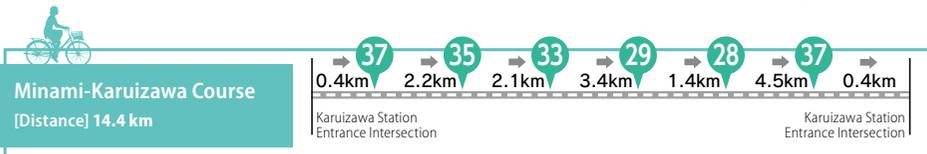
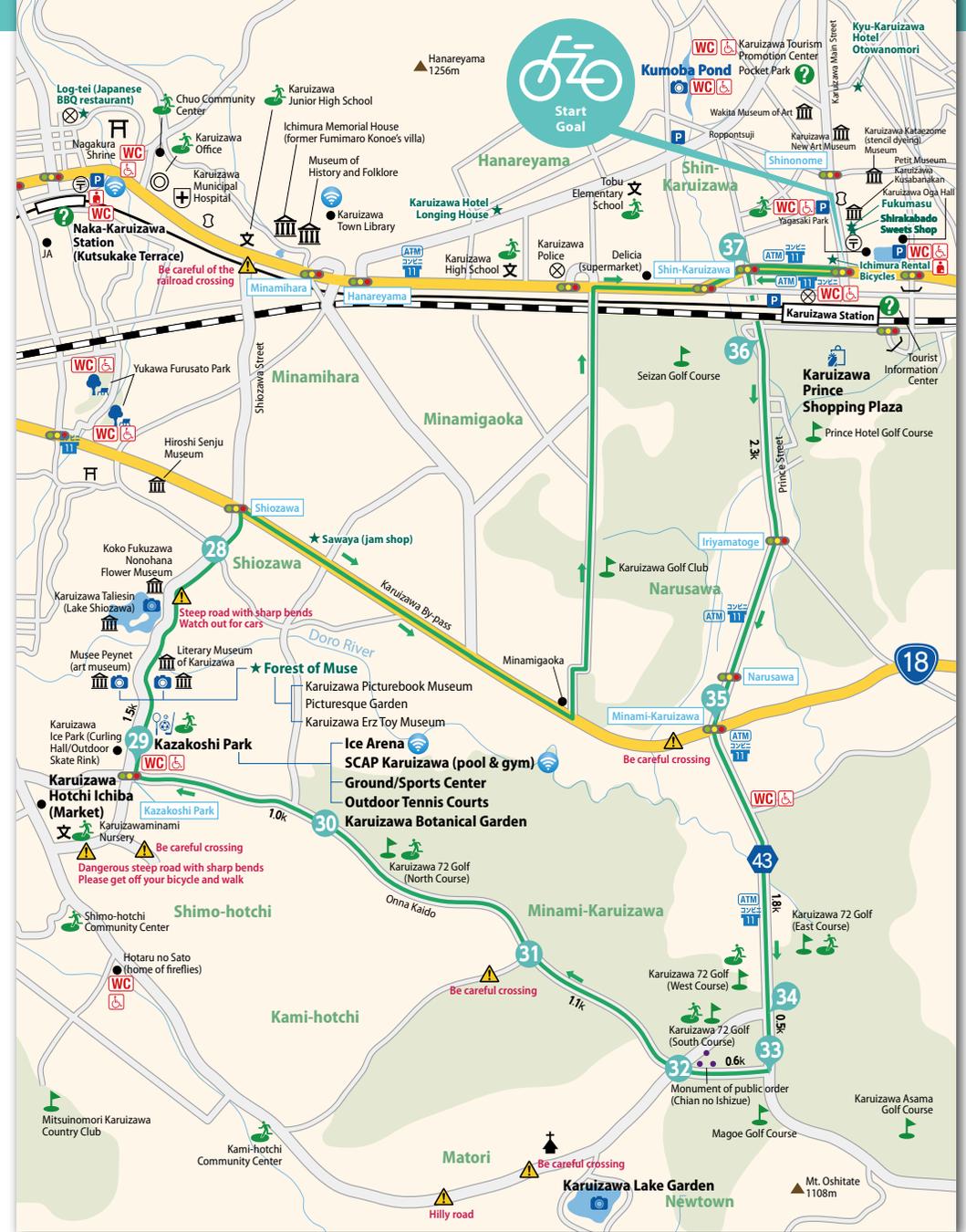
**Karuizawa Lake Garden**

At this large, easily accessible natural garden, you can see a rare lakeside rose garden and a variety of seasonal plants and flowers. Also, enjoy a restaurant, cafe, and garden shop located in midst of the lake's nature.



**Tennis**

Tennis has been loved and enjoyed in Karuizawa for many years. Why not enjoy a game in the refreshing highland climate?



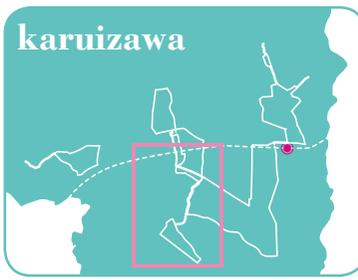
**Minami-Karuizawa/Hotchi Course**

Google

# 4

You can enjoy art museums and various sports in the area.

## Lake Shiozawa Area



The culturally rich Lake Shiozawa area is dotted with art and literature museums, and parks. The Kazakoshi Sports Park has been increasingly expanded in recent years, where you can do a variety of sports especially winter sports.



**Lake Shiozawa**  
The only place where you can enjoy boating in Karuizawa. There are also museums, an English rose garden, restaurants, and places to play sports in the area.



**Museum Park Forest of Muse**  
A collection of museums including the Karuizawa Picturebook Museum, which has been conveying picturebook culture from the early years of the art form; the Picturesque Garden (designed by landscape gardener Paul Smither), where plants are grown utilizing Karuizawa's climate and natural features; and the Karuizawa Erz Toy Museum, which introduces the traditional wooden toys of the Erzgebirge region in Germany.



**Karuizawa Botanical Garden (in Kazakoshi Park)**  
See and learn about native plants that grow in the Karuizawa Highlands.



**Kazakoshi Park Area**  
Featuring a variety of sporting facilities including a pool, curling hall, skating rink, tennis courts and grounds, and also a botanical garden where you can see plants native to the Karuizawa Highlands.

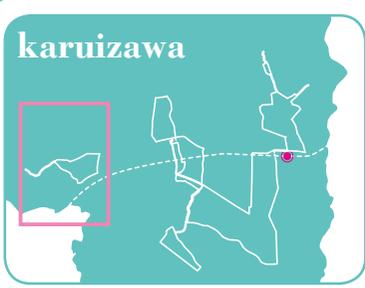


Shiozawa/Hotchi/Kazakoshi Park Course

Google

# 5 Experience the history of an area visited by literary persons

## Oiwake Area



During the Edo Period, the Oiwake post town, located at the crossroads of Nakasendo and Hokkoku Roads, was the most prosperous of the three post towns at the base of Mt. Asama. Oiwake was visited by many writers and poets who loved Karuizawa and is renowned as a place of exchange between such men of letters.



**Asama Shrine**  
Famous as the shrine where the Meiji Emperor's envoy held a ritual to calm down the rumbling of the volcanic Mt. Asama. The main shrine is the oldest wooden construction in the neighborhood.



**Tatsuo Hori Memorial Hall**  
This hall stores and displays documents related to Tatsuo Hori, a writer and poet who loved Karuizawa dearly. Featuring an exhibition room, where you can learn about the background of his life and literature, and his residence in his later years and library dedicated to his cherished book collection., His novel "Utsukusii Mura (The Beautiful Village)" tells you about the beginnings of the beautiful town of Karuizawa.



**Museum of 69 Stations of Nakasendo Road**  
Experience Edo Period travel, along the route from Nihonbashi (Tokyo) to the Sanjo Ohashi Bridge (Kyoto).



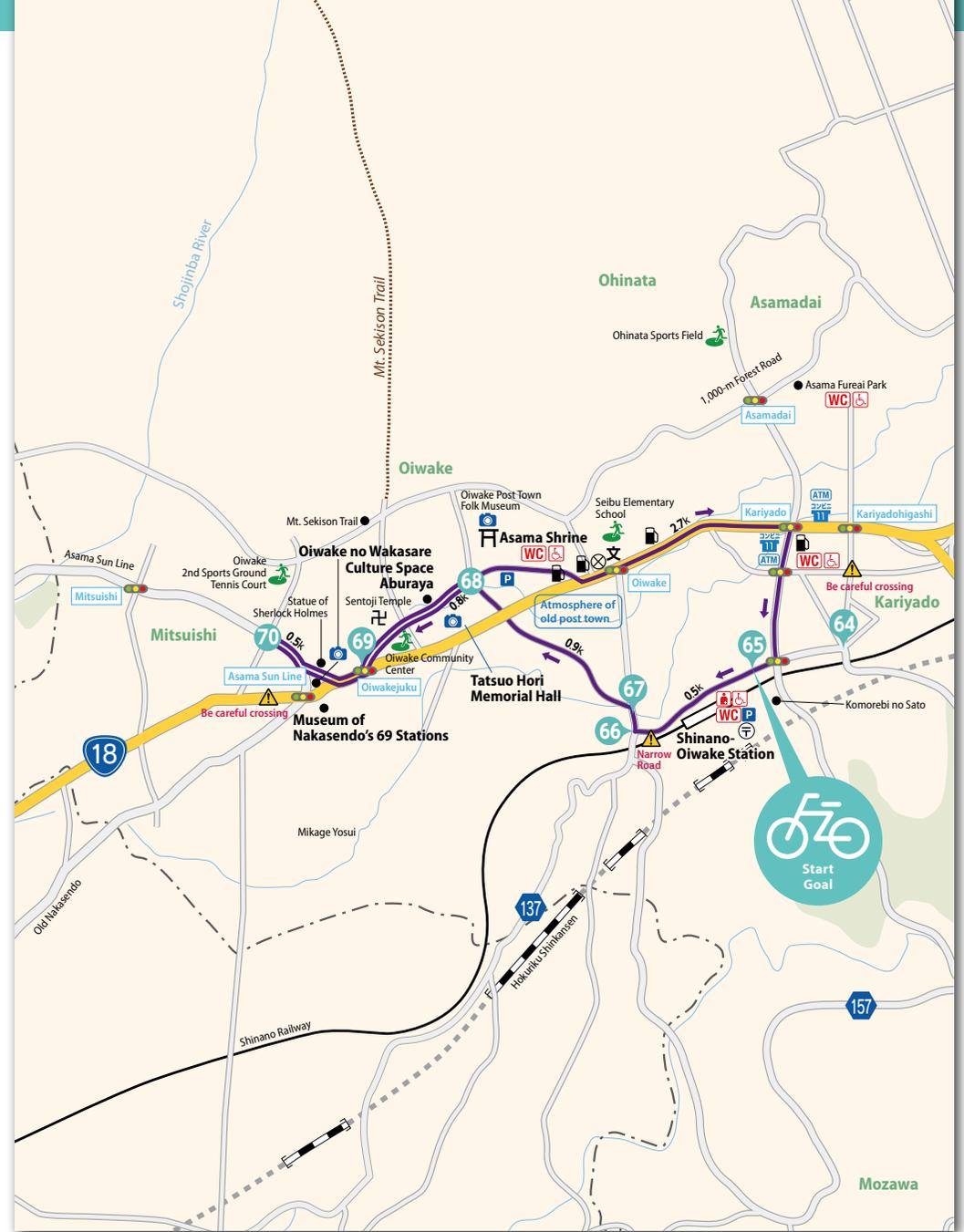
**Shinano-Oiwake Station**  
A station on the local Shinano Railway line. The nostalgic wooden construction touches the hearts of many travelers. Enjoy a wonderful unbroken view of Mt. Asama from the platform.



**Oiwake no Wakasare**  
The parting of the roads of Nakasendo and Hokkoku. A signpost and monument stand at the location, where you can catch a glimpse of travel in the olden days.



**Culture Space Aburaya**  
Formerly an inn for nobleman and high-ranking samurai in Oiwake post town. Holds art, craft, and book events from spring through autumn.



\*There are no rental bicycles available in the Oiwake area.



Oiwake Course

Google

**P.3.5** A huge selection, from sporting bicycles and electric bicycles, to children's bicycles

**Rental Bicycles  
Ichimura  
Bicycle Shop**

TEL. 0267-42-2484  
11-4 Karuizawa-higashi, Karuizawa, Kitasaku-gun, Nagano 389-0104

Three-minutes' walk from Karuizawa Station North Gate



**P.3.4  
5.6** A place where you can savor the freshest of vegetables from all over Japan, while making the most of Karuizawa.



**Karuizawa Hotel  
LONGINGHOUSE**

Including a restaurant featuring delicious vegetables  
**LONGING HOUSE**

Karuizawa-Izuminosato, Karuizawa, Kitasaku-gun,  
Nagano 389-0102  
TEL 0267-42-7355 longinghouse.jp



**P.3.5**

Have a wonderful and relaxing time



kyu karuizawa  
**HOTEL OTOWA NO MORI**

1323-980 Karuizawa, Karuizawa,  
Kitasaku-gun, Nagano 389-0102  
<http://www.hotel-otowanomori.co.jp>  
TEL:0267-42-7711



**P.4.5.6**

おいしいを、やさしく伝える。

KARUIZAWA  
traditional food "Piroshki"



**Japan.  
Tax-free  
Shop**



SAWAYA HP

**沢屋**



Jam making class  
is being held

TEL:0267-46-2400

**P.3.5**

Jams and Sweets From Karuizawa  
**Shirakabado Sweets Shop**

**白華堂**

16-7 Karuizawa-higashi, Karuizawa,  
Kitasaku-gun, Nagano  
<http://www.shirakabado.com/>  
TEL:0267-42-2305



**P.3.5**

While you are in Karuizawa, savor a variety of exquisite Japanese dishes, including handmade soba noodles prepared with stonemound buckwheat flour from Karuizawa Highlands, fresh sashimi, and local brand "Shinshu Beef." We take reservations!  
Parking available 7-min walk from Karuizawa Station's north exit.

Japanese Restaurant

**Fukumasu  
福方寿**

10 (free) Open 11:00-22:00

16-4 Karuizawa-higashi  
Karuizawa, Kitasaku-gun, Nagano  
TEL: 0267-42-4733



**P.3**

Established in 1884  
Fine hospitality and rich history



**Manpei Hotel**

925 Karuizawa, Karuizawa, Kitasaku-gun,  
Nagano 389-0102  
TEL 0267-42-1234 [www.mampeico.jp](http://www.mampeico.jp)



**P.4.5.6**

Museum Park **Forest of Muse**

The Forest of Muse is a museum park comprising the Karuizawa Picturebook Museum, Picturesque Garden (designed by landscape gardener Paul Smither), and the Karuizawa Erz Toy Museum.

182 Nagakura, Karuizawa, Kitasaku-gun, Nagano 389-0111  
TEL:0267-48-3340 <http://museen.org>



**P.4.5.6**



**Log-tei (Japanese BBQ restaurant)**  
Enjoy delicious food in a real log house

3148-1 Nagakura, Karuizawa, Kitasaku-gun, Nagano  
0267-45-2341 <http://www.logtei.jp/>



**P.4.6**

Relax among the quiet forest in our comfortable naturalist style pension. A convenient location for strolling through the Hoshino area, which features spots such as the Wild Bird Forest, Harunire Terrace and the Tonbo no Yu Hot Springs.



**Pension Karuizawa Forest**

3353-1 Nagakura, Karuizawa, Kitasaku-gun,  
Nagano 389-0111 TEL/0267-46-3064  
<http://www.7b.biglobe.ne.jp/~karuizawa-forest/>

**P.4.6**

Enjoy a pleasant stay with the special Marriott service, loved throughout the world.



**Karuizawa Marriott Hotel**  
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Nagano 389-0111 0267-46-6611  
<http://www.karuizawa-marriott.com/>

[Inquiry] Area Code (0267) Karuizawa Tourist Information Center (in Karuizawa Station) Tel: 42-2491  
Karuizawa Tourist Information Center (in Kutsukake Terrace) Tel: 45-6050  
Karuizawa Tourist Center (Kyu-Karuizawa Ginza) Tel: 42-5538